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INFORMATION FOR THE PRESS

United States Department of Agriculture

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WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

CONSERVING SUGAR

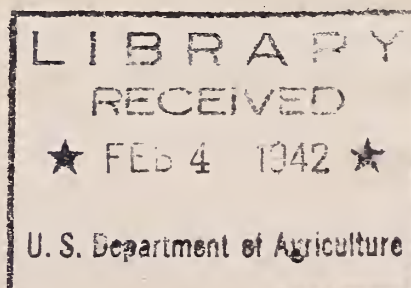
Now that the Nation's sweet tooth is undergoing a little discipline, many a homemaker is working out ways to make her sugar supply go further. In the following paragraphs, Dr. Louise Stanley, chief of the U. S. Department of Agriculture's Bureau of Home Economics, makes some suggestion along this line.

"Restricting retail sugar purchases may be a bit inconvenient at first," says Doctor Stanley. "But it can hardly be regarded as a kitchen catastrophe.

"In the first place, we can get along on a lot less sugar than we have been eating--and still have nutritious meals that taste good.

"For, as far as actual food value is concerned--sugar is not an indispensable item in the diet for most of us. Sugar supplies food energy in an exceedingly palatable form. But as far as energy from food goes, any reduction in sugar can easily be taken care of by increasing quantities of other energy-giving foods in the diet. There are many other inexpensive energy-giving foods that supply, in addition, valuable vitamins and minerals. Whole-grain cereals are one such food group. Starch vegetables and dried fruits are others.

"Although sugar is a quicker source of energy than most foods--that is it can be digested and used by the body rapidly--most of us who do not work at hard physical labor for long periods of time have no special need of quick energy."



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Therefore, Doctor Stanley concludes, cutting down on sugar means little more to most of us than cutting down on a flavor that is particularly pleasing. And with a little thought, she believes, the homemaker can cut the sugar in her meals the necessary amount in comparatively painless ways.

Whether the weekly sugar available to each person arrived at by the Office of Price Administration is three-fourths of a pound or slightly more or less--that is quite a bit of sweetness. Three-fourths of a pound--about $1\frac{1}{2}$ cups--a week amounts to a little over 10 level teaspoons a day.

Plans for diets that are nutritious, satisfying, and palatable, worked out by the Bureau of Home Economics for years of normal sugar supplies have included 50 to 60 pounds of sweets a year. This figure, in addition to sugar, counts sirups and commercially prepared preserves. And it doesn't mean that the same amount is recommended for everyone in the family. Quantities suggested in the diet plans range from less than 5 pounds a year for infants to 90 pounds for very active men.

Although these diet plans use less refined sugar than has customarily been bought by the Nation's families in the past few years, the amount can be further reduced. Here are some suggestions.

Keep a weather eye open for out and out sugar wastes. One of the most obvious sugar wastes, of course, is the undissolved sugar in the bottom of a cup of coffee or tea. Other sugar wastes are over-sweetened foods, cake failures--or failures of any product that contains sugar.

Next, cut down on sugar in least noticeable ways. Experiment to see if the amount of sugar you've been putting on your breakfast cereal or in your coffee is just a matter of habit--whether you could be just as happy with half a teaspoon or so less. If the breakfast cereal is topped with dried fruit, you need less sugar than for plain cereal.

In fact, when it comes to eating less sugar, we might take a tip from the diets that are recommended for children. Little sugar is given to a child early in life--so he can learn to like the natural taste of foods undisguised. And his sweets are kept simple--served to him either for dessert or just shortly after a meal. Sweets are such concentrated foods that they tend to take the edge off the appetite--make children or adults less hungry for other foods they need.

Try eating fewer rich desserts--fewer pastries and very sweet cakes. Fresh fruits are among the most nutritious and desirable of desserts--and they carry their own sugar. Canned fruits also come in the class of not-too-rich desserts. Dried fruits are one of the best sources of natural sugar. A pudding made with raisins or dates, for instance, needs less sugar for sweetening than a plain pudding.

Finally, suggests Doctor Stanley, add variety and supplement the weekly white refined sugar with other naturally sweet foods. Available now are honey, cane sirups, molasses, sorghum, corn sirup, and maple sirup. Molasses, cane sirups, and sorghum contain a good deal of calcium and iron.

When honey is used merely to sweeten, it may be used instead of sugar, cup for cup. For it is of about equal sweetness. If you use honey in cakes or quick-breads, you have to make certain other allowances. A formula worked out for honey substitution for sugar by the Bureau of Home Economics is this--

If you substitute medium thick honey for all the sugar in a cake or quick-bread--reduce the liquid in the recipe one half. If you substitute medium thick honey for half the sugar in a cake or quickbread--reduce the liquid in the recipe one fourth. Bake all such cakes and quickbreads at a moderate temperature to prevent too rapid browning and to keep the good honey flavor.

Sorghum, molasses, and maple sirup--all have their own characteristic flavors. For all, there are available special recipes worked out that yield delicious cakes, puddings, and cookies. Cakes made with much sirup are heavier than sugar cakes and they usually stay moist longer. Sirups are especially good in gingerbreads and spice cakes.

Sirups, like honey, may be used merely for sweetening--on cereals, in puddings, sandwich fillings, sauces. It takes about $1\frac{1}{2}$ cups of these sirups to equal 1 cup of sugar in sweetness.

Corn sirup is half as sweet as sugar. It also may be used as the only sweetening in many ways. When it is used in beverages, puddings, custards, and sauces in the place of sugar--the other liquids in the recipe must be reduced by one fourth.

Recent studies made in the laboratories of the Bureau of Home Economics show that corn sirup may be used in standard recipes for muffins, plain cake and drop cookies. The corn sirup may be substituted, measure for measure, for the sugar specified, and the liquid in the recipe reduced one third. These products are less sweet than those made with sugar. The cakes are especially good if served as a cottage pudding with a sauce--or with a sweet icing. The cookies are good frosted or unfrosted and served as accompaniments to a dish of sweetened fruit or pudding.

Corn sirup may also be used in candies, icings, and mousses, but for these special recipes are necessary.

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WASHINGTON, D. C.

THE MARKET BASKET
by

Bureau of Home Economics, U. S. Department of Agriculture

TAKE CARE OF WOOL

Soldiers--sailors--marines--all need warm wool clothing and wool blankets. With the armed forces of the United States expanding, wool imports decreasing, there's obviously less wool for civilian purposes.

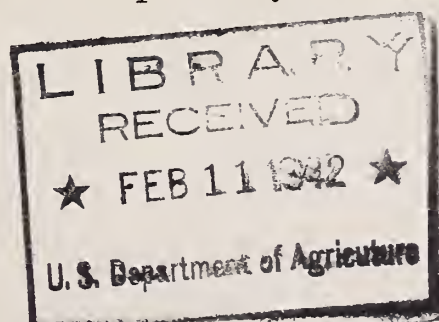
With wool fast becoming a scarce material, textile specialists of the U. S. Department of Agriculture have compiled the following tips to help make every yard of wool material last as long as possible.

FROM DAY TO DAY

Keep up the appearance of a wool garment and you prolong its life.

Brush wool coats and dresses thoroughly after each wearing. It's easier to whisk off dust and lint before they get embedded in the material. Hang garments on hangers as soon as you take them off. If you can, allow a garment to hang a few days after one or two days of wear. The "rest" lets the wool spring back in place, reduces the amount of pressing needed.

Hang wool clothing out to sun and air occasionally. Sun kills moths as well as their eggs and larvae. Since clothes moths may infest heated houses the year round it's a good idea to take precautionary measures against them in winter as well as in summer. Never leave woolen rags or discarded woolen clothing stored away on closet shelves or put away carelessly about the house.



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Observe the old "stitch-in-time" rule. Tiny holes in wool garments may often be rewoven invisibly by yarns raveled out of extra material in hem or a seam. It is also possible to reweave thin places inconspicuously--keep them from ever becoming holes.

WHEN YOU PRESS

Never iron wool. Steam press it. Cleaners, tailors, and a few homemakers have steam irons designed to press wool materials. With little care, you can get the same effect with an ordinary iron and two press cloths. One press cloth may be of wool material, the other of linen or firm cotton.

If you are pressing the right side of the material--here's how to get that trim look.

Spread the wool press cloth over the material you are pressing. Over this spread the second press cloth. Dampen the second cloth with warm water. Press by setting the iron down squarely on the top press cloth, lifting it, then setting it down again. Do not lean heavily on the iron. After you've pressed over all the cloth--lift the press cloths and beat out the steam left in the wool; either with the palm of your hand or a special clapper made of sanded wood. Never press the moisture completely out of wool. If you do the material will look much pressed and lifeless. After you have pressed the garment--hang it up carefully to dry.

In some cases, you may get better results if you press on the wrong side of the wool. This is especially true if the wool tends to be shiny after pressing, or if it has an unusual pattern in the weave. To press on the wrong side--lay the wool press cloth on the board first, then the material to be pressed right side down, then the cotton press cloth on the wrong side of the material. The rest of the pressing procedure is the same.

Never let the iron get hot enough to scorch the press cloth. This is a good precaution to take if the wool material has in it some threads of rayon. Some types of rayon will melt away from the wool if the iron is too hot.

THOROUGH CLEANING

Most wool garments are best dry-cleaned. However, for sweaters and other knit garments, home washing may be satisfactory.

Before you wash a knitted garment, lay it out on a clean piece of white paper or a clean old cloth. Draw an outline of the garment.

To wash, use lukewarm soft water, and lukewarm rinse waters. Be generous with the water. Use a neutral soap, preferably in the form of a solution or a jelly. In any case, dissolve the soap thoroughly before you put the knit material in the water. Squeeze and work the garment in the suds without rubbing and without putting any added soap directly on the material. Wash in a second suds and follow with two rinses--all as nearly the same temperature as possible. Squeeze out excess water each time. Do not twist or wring.

To dry--lay between 2 bath towels and pat to remove all moisture possible. Then spread the sweater or suit out on the paper or cloth on which you've drawn the outline. Pull it gently into shape and pin where necessary. If there are sleeves, spread them flat. See that the skirt is straight with the line of knitting. Turn the garment occasionally after it is almost dry.

Sometimes the knit garment needs "blocking", that is a light pressing to give it a finished appearance. Wait until it is practically dry, then cover it with a dry press cloth and a dampened one. Just touch a warm iron to the press cloth until the moisture steams through the knitted garment. Steam-press as described for other wool garments. Then take off the press cloths and leave the knit good, flat until thoroughly dry.

SPECIAL CARE

If you get a wool garment soaked with rain or snow--hang it up to dry in a moderately warm place--not near artificial heat. Let it dry completely before you press it.

Remove any stains and spots on wool while they are still fresh. It is easier than if you leave them to catch dust and become more unsightly. Be especially careful in removing stains--for strong acids or alkalis harm the material.

It won't be long before many wool garments or household woolen should be put away until next winter. This summer you want to be doubly sure that they are safely stored away from moths.

According to the U. S. Department of Agriculture's Bureau of Entomology and Plant Quarantine--the first thing to be sure of when you put woolens away is that you have no moths in your clothes. If you can be sure of that--it is comparatively easy to keep the moths out.

Ordinary dry cleaning will kill moths--destroy eggs and larvae. So will a washing in neutral soap. So will sun, providing it reaches all parts, and brisk brushing.

Once clothes are free of moths--you can put them away in paper bags--wrap them in paper--or put them in unbroken boxes. In every case the box, bag, or package must be wrapped so tightly or sealed so that moths cannot get in through cracks. They won't eat their way through paper. But be sure the paper covering doesn't get broken.

Just as a precaution--sprinkly some naphthaline flakes in the package.

A small trunk, chest, or wooden box reasonably tight can also be used. Scatter between folds of clothing, preferably between sheets of thin clean paper, 1 pound of flake naphthaline or paradichlorobenzene. Keep all covers closed. Under ideal conditions four ounces would be enough. But overdosing is playing safe. And the chemicals suggested are cheap.

United States Department of Agriculture

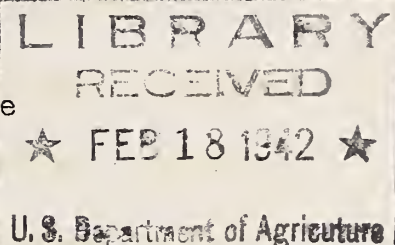
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WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

MONDAY'S WASHDAY--WAR OR NO WAR
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Like many other consumers' goods--the output of washing machines is being curtailed by war-time production. For materials needed in washing machines also are needed in war weapons and equipment. To mention the most important, these materials include copper, brass, iron, zinc, rubber, chromium, nickel, aluminum, tin, and bronze.

"This temporary cut in washing machines makes it imperative that homemakers take extra good care of the machines they already have," points out Lenore Sater, chief of the household equipment division of the U. S. Department of Agriculture's Bureau of Home Economics.

"War or no war, the spotless weekly wash is a symbol of good housekeeping. And the family washing machine remains one of our leading household labor savers. You can make your machine last longer, serve you better if you take proper care of it and use it wisely."

Here are Miss Sater's suggestions for getting the most out of your washing machine--both in the way of efficient cleansing and in longer life for your machine. She includes tips also on care of certain other washing equipment affected by war production.

WHEN YOU WASH

Save time, clothes, power, as well as your machine by washing clothes the right way. First of all, read the directions that came with the machine. These

directions should tell you any special points that you may need to watch about the use of your particular washer.

NOTE THE WATER LINE--It was put there by the manufacturer for a good reason. The water line shows the amount of water you need for most efficient washing. If you put in more water than this, you're wasting water and you'll get a lot of unnecessary splashing. That extra splashing may mean extra work on your part to wipe up the floor afterwards.

WATCH THE TEMPERATURE OF THE WASH WATER--You can wash clothes most quickly and easily and get the best washing results if you suit the temperature of the water to the kind of clothes you are washing. For white clothes, have water so hot you can't hold your hand in it. For colored clothes, have water that's comfortably warm to the touch. For silks, synthetics, and woolens, use lukewarm water--water that feels neither hot nor cold to touch.

SOAP--Use a mild, pure soap in form of flakes, granules, beads, chips, or bar soap grated or shaved. Start the machine when you add the soap in order to dissolve the soap quickly, and use enough soap to get about 2 inches of suds.

DON'T OVERLOAD THE MACHINE--It's hard on the motor of electric machines and taxes the energy of the operator of a hand machine to put too many clothes in the tub at once. Overloading also makes it impossible to get good washing results. For the moderate-sized washing machine, 6 to 8 pounds is a safe average load. A sample 6-pound load might be two large sheets, four shirts, and two bath towels. Never put in more clothes than will circulate easily.

START MOTOR BEFORE YOU ADD CLOTHES--If you have an electric machine, starting the motor after the washer is loaded may throw too heavy a load on the motor--you may blow out a fuse. However, if your electric machine is the type that has a separate cylinder for the clothes, you'll have no trouble on this score.

WATCH THE TIME—Wash the clothes just long enough to get the dirt out. If you wash any longer, you're wasting power and may actually be putting the dirt right back into the clothes. Wash woollens no longer than 2 to 3 minutes. Wash silks and synthetics from 3 to 5 minutes. Wash slightly soiled clothes, such as table and bed linens, from 5 to 7 minutes. Wash moderately soiled clothes 7 to 10 minutes. And the most stubborn dirt usually can be removed in less than 15 minutes.

CARE FOR MACHINE REGULARLY

Follow the manufacturer's directions for oiling the motor, the wringer gears, or any part of the machine. But whatever you do, don't overoil any part.

Keep the washing machine clean. After you've washed the last load in each washing, rinse the machine with hot water. Drain well and wipe out any bits of lint that may not drain out. Wipe off any soapy marks with a damp cloth. Dry inside and out. If any of the inside parts of the machine--cylinders, agitators, vibrators--are made so they detach easily, take these out and dry them.

To keep the outside frame of a machine from rusting--if it's of steel or iron--rub it once in awhile with a little oil.

Between washdays--leave the drain faucet open and prop the lid up an inch or two so air can circulate. If you have to keep the machine out where it's likely to get dusty, put some sort of a cover over it.

Never use harsh scouring powders on any part of the machine--especially not on the inside. If you have stubborn spots--use fine scouring powder. If that doesn't work--hot vinegar will remove the stain in some cases. Copper tubs often get a greenish compound on them called verdigris. This comes off with a paste made of soapsuds and household ammonia.

WRINGERS AND SPINNER DRYERS

Now that rubber is scarce, be especially careful with the rubber rolls of

your wringer. Before you use the wringer each washday--be sure pressure on the rolls is evenly distributed. In some wringers, this adjustment is made automatically, but in others you have to adjust it with hand screws.

Be sure you don't stall or strain the wringer rolls by putting too much clothing through them at one time. Fold buttons and buckles to the inside of clothes before they go through the wringer. And every time you finish a washing--release the pressure on the wringer rolls. Hot rubber rolls under pressure sometimes stick to each other on cooling, then when you separate the rolls, the rubber may be damaged.

Wipe the rubber rolls clean and dry after you use them. You can take most discoloration off with a cloth dampened with kerosene. But get every trace of kerosene off with soapy water, rinsing, and drying. Kerosene left on rubber will soften it. Cover the wringer when you're not using it.

If your machine has a spinner type of dryer always, pack the clothes in it evenly. Uneven packing causes the basket to vibrate and that's hard on the machine. After each washing, take out the spinner basket, dry it thoroughly as well as the compartment in which it fits.

SAFETY FIRST

Damp floors, wet hands, wet clothes all spell danger when you are handling electrical cords and plugs. Check all cords and plugs periodically on electric machines. If they get worn, replace them or have them repaired. Keep cords dusted and put them away coiled up loosely--not wrapped tightly or coiled around any sharp metal pieces.

Dry your hands before you handle cords or plugs. Some homemakers like to wear rubbers as an extra precaution in damp basements.

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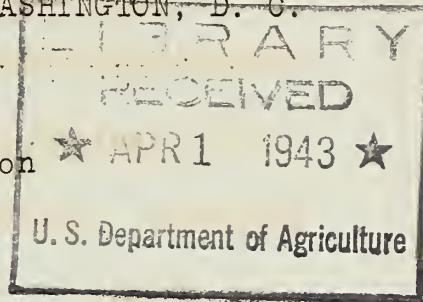
THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration

U. S. Department of Agriculture

VITAMINS AND MINERALS FROM VICTORY GARDENS



Vitamins and minerals from your own backyard to help your country's wartime food situation and your family's health. That is the Victory Garden story for 1943 in brief.

This is a year when growing your own vegetables is not only pleasant and profitable but a patriotic duty as well. Many more gardens and gardeners are needed this year if Americans are to have food to keep them fit.

The plain fact is that you will not be able to buy as much of certain fresh vegetables and fruits as usual because they won't be on the market to buy. As for canned goods, Uncle Sam has already figured on taking half of all the vegetables commercially canned in 1943. So Americans are going to need all the food they can grow on six million farms and 12 or even 15 million backyards and vacant lots. There is no danger whatsoever of producing too much.

The farm people are bearing the brunt of this great job. Millions of tons of the food that farms will produce are already ear-marked—one fourth to go to our armed forces and allies. Our soldiers and the men fighting with them will have first call on food. And a soldier eats twice as much as the average civilian. But people on the home front need to be well-fed, too—and most of them are working harder than ever before. So there has to be enough food for our own boys, for the starving people of liberated countries, for our allies, and for our civilian population. To keep them supplied with the food they need will not be simple.

Every home gardener can see that at least one family has the vitamins and minerals vegetables can supply. So if you have the right ground, plan now to put it to

use for feeding your family.

Plan to have plenty of green and yellow vegetables and tomatoes...to keep a fresh supply coming all summer and as late in the fall as possible. Just a few weeks after planting, the garden can supply greens of various kinds, lettuce, onions and radishes. A little later snap beans will come along, and then tomatoes fresh from your vines.

If possible, plant enough tomatoes to can as well as serve fresh. Whatever you can at home, you are sure of having, regardless of rationing restrictions. The Government is making arrangements for enough jar rings and closures for home canning this year. As for pressure canners--needed for safe canning of non-acid vegetables and also meats--there will be some canners manufactured, but not enough to meet the demand. Sharing is one answer. There will probably be more group canning this year among neighbors, and more community food preservation centers organized to pool equipment and experience.

Gardeners with plenty of ground should also raise enough carrots, turnips, potatoes and cabbages to store in the cellar or in outdoor storage pits.

Now is not a moment too soon to lay plans for your garden and to order supplies. In planning, count first on the vegetables that give the most food value for the space they take in the garden. If you are busy, consider also the time different crops require. In planning for food value, remember that though vegetables contain many different nutrients, their chief contributions to family meals are vitamins and minerals, especially vitamins A and C and the minerals iron and calcium. Vegetables also furnish the B vitamins in small but important amounts.

Fortunately for victory gardeners some of the commonest and easiest vegetables to grow are also the most valuable. Tomatoes, which are tops for vitamin C (ascorbic acid), are a blessing, especially to beginning gardeners, because they are so easy to grow. And you need only 12 or 15 plants to supply fresh tomatoes enough for the whole family all summer.

"Cooking greens"—turnip, beet, mustard, collards, kale or spinach--and salad greens--lettuce, green cabbage and chard--are important for vitamin A, vitamin C, iron, and some are important for calcium. And greens are among the most successful vegetables for spring and fall gardens.

Green beans and peas also rate for vitamin A and iron--and for vitamin C and also B, if you cook them properly. Beans and peas are not difficult to grow, but green peas are a cool weather crop and take some extra space. The size of your garden determines whether to raise them.

A few vegetables not so important for their food value deserve space in the garden because they have special color and flavor to make meals appetizing. One of these is the onion--not rich in either vitamins or minerals but a standby for seasoning. The onion is the making of many a low-cost dish. A vegetable more important for color than food value is the beet root. That bright "beet red" has given a lift to many a plate of otherwise pale food. Of course, when beets are young and tender they are two vegetables in one, because the tops are valuable greens. The radish also is not distinguished for food value because it is eaten in small amounts, but it deserves garden space because it is very easy to grow and adds color, crispness, and lively flavor to pick up the meal.

British gardeners since the war have concentrated on carrots for their vitamin A. American gardeners, too, may well plant more of these and other yellow vegetables.

If you have an hour or more a day to garden...if you have space in your yard or near by...if you have reasonably good soil not shaded by large trees or buildings or filled with tree roots, then plan now to raise minerals and vitamins for your family this summer. Start off by writing for the free bulletin called "Victory Gardens," No. 483, from the U. S. Department of Agriculture, Washington, D. C.

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INFORMATION FOR THE PRESS

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

WAR-TIME CLOTHES FOR WORKING WOMEN



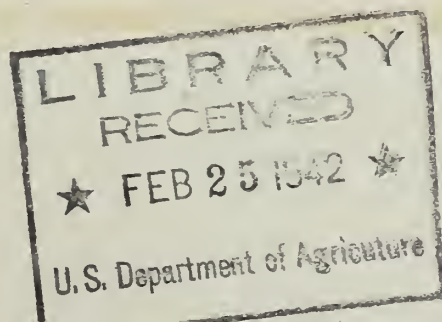
Bureau of Home Economics
U.S.D.A.

← PROTECT-ALL--Designed by the Bureau of Home Economics for farm women and others who do active, out-of-door work.

FOOD PREPARATION DRESS--Trim, easy to get into, with comfortable fullness for reaching. Suitable in laboratory, canteen, or home kitchen. →



Bureau of Home Economics
U.S.D.A.



"This is a smart man's war,"—and that goes for the women, too. For women are helping the all-out war effort by working harder, holding down jobs considered man's work in peace time.

"Smart women know they can do their best work if they are dressed sensibly and suitably for their jobs," believes Clarice Scott of the U.S. Department of Agriculture's Bureau of Home Economics. Miss Scott also believes that women can do some kinds of men's work in becoming feminine garments.

Accordingly, last year when women began replacing drafted men in industry and in certain types of farm work, Miss Scott and her co-worker, Margaret Smith, set about to design up-to-date work clothes for women.

Miss Scott's first designs were for women farm workers. Since then she has added outfits for women who work in factories, in laboratories, in institutional kitchens, and in their own homes. As Miss Scott's designs have come out they have been immediately adopted by commercial pattern companies and garment manufacturers. Consequently, most of her fifteen designs are now available in patterns, readymades, or both. Designs and patterns have been released for commercial use and are not available from the Bureau.

Latest design released by the Bureau is the Protect-all for women who do out-door work on farms or any place where it is damp and cold. So-called because it protects against wind and dampness, the Protect-all is a coat made of shower-proof cotton. It resembles somewhat an army parka—in a

streamlined feminine version. The Protect-all slips over the head and falls in place. It is cut full, can be tied at the back to fit snugly at the waist. Since there is no front or back opening the garment can't blow open on blustery days. A hood is cut in one with the rest of the garment.

Cuffs and yoke are cut so they slip on easily, close automatically, yet spread comfortably so that a coat or sweater may be worn underneath on winter days. The cuffs, like those of an army cook, are cut to fit snugly.

Roomy pockets, action pleats, and a square inset under each arm for reaching room, make the garment easy to work in, convenient. The outfit may be completed with leggin's and mittens also designed by Miss Scott.

Another recent design is the Food Preparation Dress, originally worked out for women who prepare food in laboratories or institutional kitchens. However, this dress has been pronounced also a perfect housedress by women who like their everyday clothes simple and tailored.

The Food Preparation Dress opens down the front so it can be slipped on and taken off without mussing the hair. Roomy pockets are easy to reach, but out of the way of work. Shoulder gathers at back and front and insets under the sleeves give reaching room. A yoke at the back and front, a v-neck with narrow collar and an adjustable three-quarters belt complete the dress.

For women scientists, Miss Smith worked for a dress with no catchable details on the front. Her laboratory uniform is a princesswrap-around type becoming to most figures. The dress closes in the back with four easy-to-snap fasteners. Thus it can be put on and taken off without mussing the hair. Two pockets high on the waist front are large enough for handkerchief, locker key,

and other small articles.

The laboratory dress has a V-neckline with small lapels, no collar at back, and yoke and plenty of fullness for comfortable fit and easy reaching.

Not forgetting the woman who is still carrying on at home, Miss Scott has designed a cool, comfortable housedress that's easy to iron and becoming. She has also worked out a divided skirt dress for those who like the convenience of trousers, the looks of a dress. Numerous aprons complete her work wardrobe for the home.

Secret of the success of designs worked out by Miss Scott and Miss Smith is the thorough way in which they work. First they study a particular type of job to see what type of an outfit will be most comfortable. Then they work out a garment to suit that job, building in fullness, reaching room, stooping room, pockets, safety features wherever necessary. All of the work garments may be cut out of material of regulation width without waste. They are all easy to keep laundered. And best of all they are attractive.